

Pacific Northwest Swimming Rules and Procedures	PNS Team Code of Conduct
Index AD-18-02	Effective Date 06/22/18
06/22/18: Original	

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

- a. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, volunteers and fellow competitors while on the trip.
- b. The possession or use of alcohol, tobacco products, controlled substances, is prohibited throughout the designated duration of the trip. The Team Manager needs to be informed in writing as part of the athlete's application of all prescription medication, dietary supplements, or other drugs being brought on the trip by individual athletes. (See Form #5)
- c. No "deck changes" are permitted. Athletes are expected to use available change facilities.
- d. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- e. Swimmers are to refrain from inappropriate physical contact at team activities and events.
- f. Swimmers are to refrain from use of inappropriate language.
- g. Athletes and team staff must abide by the SafeSport Code for the U.S. Olympic and Paralympic Movement.
- h. LSC team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and the Pacific Northwest Swimming. Athlete behavior must positively reflect the high standards of Pacific Northwest Swimming.
- i. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip.

I understand that failure to comply with the Pacific Northwest Swimming Code of Conduct, as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action, which may include but is not limited to the following:

- 1. Disqualification from one or more swimming activities.
- 2. Dismissal from team and return home at my own/parent's expense.
- 3. The infraction(s) will be reported to the PNS Board who may take additional disciplinary action including but not limited to disqualification from future PNS sponsored activities.

I may appeal any disciplinary action in accordance with Part Four of USA Swimming Rules and Regulations.

Swimmer's Name (print name)

Swimmer's signature Date

Parent/Guardian's Name (print name)

Parent/Guardian Signature Date

Coach's Name (print name)

Coach's Signature Date